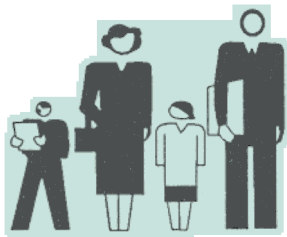




TIPS

TREMOR

Federal Emergency Management Agency



FAMILY EARTHQUAKE DRILL

The most frightening thing about an earthquake is not knowing what to do.

The next frightening thing is to believe there is nothing you can do.

It is normal and natural to be afraid of earthquakes. However, fears and anxieties can be lessened by planning and practicing what to do **BEFORE** an earthquake occurs. You and your family **CAN** learn to react correctly and automatically when the first jolt or shaking is felt.

FAMILY EARTHQUAKE DRILL

Where will you go for protection when your house starts to shake - and you're in the living room, the bedroom, the bath, or the kitchen? What if you're in one part of the house and other family members are in another? During a violent earthquake, you won't have time or steady legs to reach them. Will they know what to do to protect themselves? Will you?

Because earthquakes occur without warning, it's important that you and your family learn to take appropriate actions at the first sign of ground shaking. You won't have time to think, you'll only have time to **REACT**.

In a major earthquake, you may experience a shaking that starts out to be gentle and within a second or two grows violent and knocks you off your feet.

You may be jarred first by a violent jolt -- similar to a sonic boom. Or, you may hear a low (and perhaps very loud) rumbling noise. A second or two later you'll feel the shaking; and, as in the first example, you'll find it very difficult (if not impossible) to move from one room to another.

These examples should give you a clue that you and your family may have only one or two seconds to take safe shelter **INSIDE** your home.

EARTHQUAKE DRILLS will help you and your family plan and remember where to seek shelter and how to protect yourselves.

1. Identify safe spots in each room.

The first step is to acquaint each family member with safe places in each room of your home.

- Under a sturdy table, desk, kitchen counter, or wood-framed doorway.
- Against an inside corner or wall. Take extra protection measures in these locations by covering your head with your